

Miscellaneous Reminders

** Please note that the Family Support Group meetings will be held on the 1st and 3rd Tuesday of each month from 6:30pm - 8pm. The meetings will be held in the 4th floor lounge.

Flu season is just around the corner

The Center for Disease Control is announcing that they are expecting a very severe flu season this year. Because we have a frail population, we need your help and support. Here are some tips to help us all stay well.

- If you are not feeling well, please do not visit. Wait until you are completely well to begin your visits with our residents & staff.
• Be sure to wash your hands frequently. Use the sanitizers that are by the doorways and elevators.
• Avoid touching your nose and mouth.
• Find healthy ways to deal with stress and anxiety. Give someone a hug, watch a funny movie, take your dog (or cat) for a walk.

If you would like your monthly invoice or this newsletter sent to you through email, send a request to barbaram@collwoodterrace.com

October Birthdays

If you were born from September 23 - October 22, you are a Libra, the Scales. If you were born from October 23 - November 21, you are a Scorpio, the Scorpion. Libras are elegant, kind, gentle, and, like the balancing scales that represent them, they love harmony and balance. Scorpios are determined, forceful, and emotional. Their intensity makes them successful workers and faithful friends.

Happy Birthday Wishes to:

Table listing birthdays for October: Agnes H. Oct. 11th, Larry G. Oct. 12th, Joe N. Oct. 16th, Joe T. Oct. 17th, Sally D. Oct. 19th, Ed R. Oct. 21st, Marian P. Oct. 25th, Frank S. Oct. 26th, Aida A. Oct. 29th

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The

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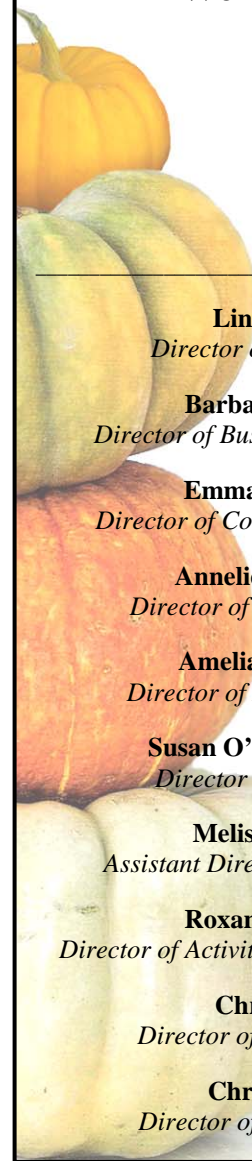
Celebrating October

Guardian Angels Day
October 2

World Teachers Day
October 5

Columbus Day
October 12

Halloween
October 31



Linda Cho
Director of Operations

Barbara Moore
Director of Business and Finance

Emma Slabbert
Director of Community Relations

Annelie Damasco
Director of Assisted Living

Amelia Salvador
Director of Health Services

Susan O'Shaughnessy
Director of Marketing

Melissa Chaty
Assistant Director of Marketing

Roxanne Miller
Director of Activities and Housekeeping

Chris Cho
Director of Plant Services

Chris Moore
Director of Food Services

Can you believe we're winding down our summer season and preparing for the fall? I know we say this every year, but where has this year gone?! Maybe we all need to slow down and sit on the swing in the courtyard and watch the humming birds a little more often.

This was an exciting month for us here at CTSC. We have a new Assistant Director of Marketing on staff. Her name is Melissa Chaty. She was formerly a project specialist with the Alzheimer's Association and has traveled all over San Diego County, speaking about the disease that touches so many people. Melissa received her degree in psychology, but it's the experience of having had a grandfather who had Alzheimer's disease for 10 years that guided her in choosing a career path that has led her here with us. Melissa's other passion is singing and performing. She loves to sing classical, jazz and musical theatre pieces. Melissa sang the national anthem at a Padre game, and will be singing again at the Alzheimer's Walk on October 24th. Oh, did I mention that Melissa was Miss California for 2007? Please stop by and say hello to the newest member of our team. Welcome Melissa!

We are a talented bunch here, (as I take credit for all staff accomplishments) because not only do we have a singing, performing Miss California on staff, our Director of Marketing, Susan O'Shaughnessy, has been bitten by the acting bug! She recently performed in a play, Joey & Maria's Italian Comedy Wedding, at the Culy Theatre. Susan played the mother of the groom. Knowing Susan, she had the audience rolling in the aisles. Watch our announcements for other upcoming performances by Susan.

Speaking of performances, magician Steve was here to perform his "magic" at the September birthday party celebration. He was great fun, and we all enjoyed the show. The residents also enjoyed a train trip to Solano Beach. For most, this was the first time in along time that they've enjoyed a train ride. During the trip, several people came up to our group to ask where they were from. They thought it was neat for the residents to be riding the train to the beach. Yeah, we're pretty cool, and we know it. ☺

With each new season, we ask for the families' help in checking the closets of your loved one. Please replace and replenish clothing, underclothing, shoes, and personal supplies as needed. Thank you.

Make this an outstanding October!

Linda Cho
Director of Operations

**CT Stellar Care's
Employee of the Month**

Nancy Luz Lopez
Culinary

Congratulations, Nancy, on a job well done!

Activities galore...



Birthday magic show with magician Steve and his pretty assistants



Train ride to Solana Beach - --fun for all!



**We were bowled over by
Brooke & George's skill!**



**RESIDENT RAVE
Grace Raines**

A Lovely Lady, to be Sure.....

Grace Raines was born to a military family in Pembroke, North Carolina, and thus began a life of wonderful travel and excitement! Grace proudly claims her heritage as Scotch, Irish and Cherokee, a combination which is rich in history and exceptional beauty.

Grace's father was an officer in the US Army. She recalls that her mother was a happy woman who loved to cook, to entertain, and to sew. An accomplished seamstress, when one of her three daughters (Grace, Jackie and Alyce) needed a new dress, she would sit down, and not to play favorites, make three dresses in the same day, one for each girl.

Ultimately Grace and her two sisters all married Navy men, and so carried on the tradition of military life. Moving around was never a problem for Grace as she saw the moves as perfect opportunities to continue her travels around the world. Later on she would travel alone, or with friends, and every year found her in a new location or country. Her favorite places to be were Hawaii and Paris – each in their own way beautiful, romantic and exciting. In fact, Grace tells us that the things she loves most – after her family and friends - are romance, marriage, entertaining (singing and dancing) and dinner parties.

Continuing her involvement and investment in the military, Grace and her sisters became known as "The Famous Locklear Sisters." They travelled with Art Linkletter, danced and taught the hula in USO shows around the USA.

Grace happily admits to having a passion for gambling, but only plays the slots. She has visited nearly every country in the world, except for Russia. She has lived in Germany, Hawaii, New York State, North Carolina and California.

Generosity is another of Grace's virtues, and she continues to support programs for wounded veterans whenever possible. She is kind, generous, loyal, a lot of fun and easy to like. Getting to know her has been a real pleasure!

**STAFF SPOTLIGHT
Yessica Quiroz**

You can see her in the emerald green apron or scrubs of the med tech department, with her cart and a friendly smile, passing the meds to our residents.

Yessica has worked for Collwood Terrace for exactly three years, October 1. Prior to that, she worked at another facility for 12 years. Yessica loves what she is doing and working with our residents is the best part of her job.

In her spare time, Yessica loves to dance, bike, swim and play tennis. But it's spending time with her three year old daughter, Kimberly, that brings her the most joy.

We are happy to have Yessica on staff. Keep up the good work!



Memory Walk 2009

Saturday, October 24th
Walk begins @ 8:30am in Balboa Park

It's not too late to sign up to join us in this event that joins friends, family, and co-workers as we walk to end Alzheimer's.

Sign up at www.memorywalk09.com. Join the Collwood Terrace Stellar Care team.

**An Exhibition of
White House Memorabilia**

Presented by former, 12-year White House Communication Agency employee

Nick Piazza

Saturday, October 31st at 1:30pm
Family & friends are invited to attend